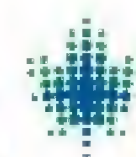


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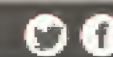
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# Hoser.

**DEFINITION:** The term **hoser** refers to the type of Canadian young men who wear toques and flannel shirts while drinking beer and conducting inane conversations.

**New online dictionary updates Canadianisms — like this one popularized in Edmonton — for the modern era**  
**metroNEWS**

## Gay-straight alliance splits Wildrose, PCs

ALBERTA SCHOOLS

### Telling parents if students join GSAs at heart of conservative rift

Alberta's two conservative parties, working on a deal to join forces, are at odds when it comes to social clubs for gay students in schools.

Wildrose Leader Brian Jean says he disagrees with Progressive Conservative Leader Jason Kenney.

Kenney says schools, in some circumstances, should tell parents when their child joins a gay-straight alliance, also known as a GSA.

But Jean says parents are already notified if sexuality issues are taught in the curriculum, but says a gay-straight alliance should be left as a peer group for students.

"It's much like a math club or a prayer club, and I don't think that would be appropriate (for parents to be told when a child joins)," Jean said Monday.

His comments came as NDP members heckled and criticized and shouted "Shame!" at the PCs in the house Monday over Kenney's stance.

It's also an issue that has gone around the globe, with international singing star Boy George calling out Kenney's viewpoint on Twitter.

"Gay obsessed straight people. #creepy" the United Kingdom performer tweeted out to his 435,000 followers over the weekend. In a second tweet, he wrote "Surely his move cannot be constitutional or lawful. It's certainly not moral or helpful."

Kenney did not respond to a request for an interview but spokesman Blaise Boehmer, in a statement, reiterated that Kenney does not want schools outing students. THE CANADIAN PRESS



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# Public urination problem

CITY HALL

## Council talks ongoing issue ahead of Oilers playoff run



**Kevin Maimann**  
Metro | Edmonton

P is for playoffs.

But some city councillors worry the Oilers' post-season run will also lead to an uptick in public urination.

Council's Community and Public Services Committee passed motions Monday to undertake a public washroom master plan — set for completion early next year — and look at pilot projects to put washrooms in high-needs areas like the arena district in the meantime.

"There's some areas that are being used as public urinals at events with Rogers Place," said Coun. Scott McKeen, adding he has heard from residents in the area that "many cubic metres" of urine are being splashed on buildings.



Public Bathrooms at the intersection of Whyte Avenue and 104 Street in Edmonton. Some councillors worry the Oilers playoff run will lead to an increase in public urination. KEVIN TUONG/FOR METRO

While complaints around the arena have highlighted a need for public washrooms, McKeen has primarily advocated for the facilities to serve Edmonton's homeless population, as well as tourists.

The committee was initially set to vote solely on the master

plan Monday until Mayor Don Iveson added a second motion to look at pilot projects in the interim, citing the Oilers' playoff run as a factor.

"I would like some action sooner rather than later," Iveson said.

The city conducted a survey in

February to gauge public opinion from social service agencies, businesses, community groups and members of the homeless population, and generally found people viewed public washrooms as beneficial to the community.

Police issued 120 public urination tickets in 2016 at a cost of



**I would like some action sooner rather than later.**

Mayor Don Iveson

\$500 apiece, a fine that doubles on subsequent offences. Most of those were issued in the downtown and McCauley areas.

The city is exploring a number of options for permanent facilities including the "Portland Loo," which is a kiosk with a hand sanitizer dispenser on the outside that would cost about \$300,000 to \$450,000 apiece.

Cities like Toronto and New York have offset costs through advertising and media partnerships, which city administration will also consider.

Hope Mission spokesperson Robin Padanyi said public washrooms will be a "tremendous benefit" to the city's homeless community.

"It's an opportunity of being able to extend the dignity to the homeless community of being able to have a place where they can use the washroom," he said.

HEALTH

## Hospital to get ER upgrade

Health Minister Sarah Hoffman released new details, including a timeline, for the Misericordia Hospital's new emergency room on Monday.

It was revealed in the budget that the ailing Misericordia Hospital would be getting a new emergency department to the tune of \$65 million dollars.

Hoffman said the money is being invested over four years, and construction on the new department is slated to begin by late 2018.

"We are grateful for this good news for our patients, our care teams and the people of Edmonton," Covenant Health CEO Patrick Dumelle said in a release.

Critics have long raised alarms about aging infrastructure, leaky pipes and overcrowding at the aging west-end facility.

The current ER was built in 1969, and last renovated in 1989. According to Alberta Health, there were slightly more than 51,000 visits to emergency at the Misericordia in 2015-16, double the capacity of the 45-year-old facility. METRO

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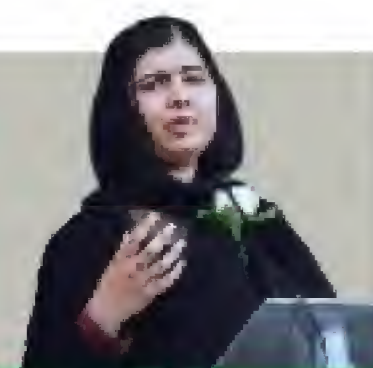


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# City of Quidditch Champions

A local Edmonton club ends up winning the nationals in game that originated in Harry Potter series.

KEVIN MAIMANN/METRO EDMONTON

Quidditch is a real sport, and Edmonton has the best team in Canada.

The Edmonton Aurors Quidditch Club defeated Ontario's Guelph Gryphons 90-30 in the national championship game in Victoria, B.C., on Sunday.

"I'm just really proud of us and our team. We worked really hard," said Aurors member Beverley Rockwell. She said quidditch has emerged as a sport on its own merits, but teams still struggle for legitimacy.

Eight teams took part in the two-day tournament to cap off a season that started in September.

Rockwell is a chaser on the team, which means she puts the ball through one of three hoops on the field.

The game originated in the mind of Harry Potter author J.K. Rowling, and saw players fly around on broomsticks as they played.

Following the massive success of the books and films, fans around the world started competing in their own version of the sport, which does include broomsticks — albeit without the flying.

"A question we often get asked is, 'Do you actually fly?'" Rockwell said. "I think the biggest challenge is getting outsiders to take it seriously. Because everyone assumes it's just a nerd sport, it's from Harry Potter. But no, it's actually a full-fledged sport that is completely aggressive and full contact."



## EXPLAINER

## How muggles can muddle through such a tricky game

Quidditch is sometimes referred to as "muggle quidditch" — muggle meaning a person without magical abilities in the Harry Potter series — to separate it from the fictional game.

The sport is played on a rectangular pitch with rounded corners, and its players must remain mounted on broomsticks.

Chasers and keepers aim to get the quaffle — a slightly deflated volleyball — into one of three opposing hoops to score 10 points.

Players can tackle each opposing player and pelt them with dodgeballs to take them out and stop them from scoring.

The game ends when a seeker captures the snitch, which is a yellow sock attached to the back of the impartial snitch runner's shorts like a tail.

The successful seeker's team will also be awarded 30 points.

Quidditch rules are governed by the International Quidditch Association, and Canadian events are sanctioned by Quidditch Canada.

The first Quidditch World Cup took place 10 years ago and the sport's popularity is growing.

As local interest flourished, the Alberta Clippers split off into separate teams in Edmonton, Calgary and Red Deer. The Aurors have 30 players, with a mix of male and female and

an age range spanning from 15 to 35.

Rockwell said players come at the game from various backgrounds in terms of interests and athletic ability.

"We are super, super inclusive. You can be anyone and you can play quidditch, it's really fantastic like that," she said.

Some merely appreciate the game on its own merits, while others use it as cross training for different sports. Others are diehard Harry Potter fans who would not be likely to take up sports otherwise.

Rockwell was a basketball player and a dancer before taking up quidditch, and describes

the game as a mix of handball, dodgeball, basketball and rugby.

"It's growing really quickly and really fast," Rockwell said.

"A lot of people share a love for Harry Potter. And that's why quidditch is great, because it gives a chance for people who may not play sports to try a cool sport that is unique."

## AIR SAFETY

# Drunk pilot sentenced to eight months, banned from flying

An airline pilot who was so drunk he appeared to pass out in the cockpit before takeoff has been sentenced to eight months in jail, a penalty the judge said should deter pilots around the world from showing up to work impaired.

Miroslav Gronych, 37, pleaded guilty last month to having care and control of an aircraft while he had a blood alcohol level that was three times the legal limit.

Judge Anne Brown banned him from flying for one year after his release and took into account time Gronych has already

spent in custody, reducing his sentence to slightly more than seven months.

Gronych, a Slovakian national who was in Canada on a work visa, will also have to pay a \$100 victim fine surcharge.

"He has abstained since his offence and, now realizing the devastation caused by his addiction, has committed to abstain for life," said Brown.

Gronych was escorted off a Sunwing Airlines plane in Calgary on Dec. 31 that was supposed to fly to Regina and Winnipeg before continuing to

Cancun, Mexico. Court heard that when Gronych got on the plane, he struggled to hang up his coat, was slurring his words and staggering.

The court was also told the co-pilot suggested Gronych leave the plane, but he eventually returned to the cockpit, sat down and appeared to pass out with his face resting on the window.

When he was met by police, officers saw Gronych's wings pin was fastened upside down and an empty 26-ounce bottle of vodka was found in his room at an airport hotel, the court heard.

The defence had asked for a three- to six-month sentence while the Crown asked the judge to give Gronych one year in jail.

The court heard that Gronych, who is married and has two young children, has lost his job.

Gronych addressed the court at his sentencing hearing last month, tearfully recounting how becoming a pilot was a childhood dream.

"I can't even describe how ashamed I am," he said in a soft voice.

Brown said it is likely Gronych will never work again



**I can't even describe how ashamed I am.**

Miroslav Gronych

as a pilot.

"This type of sentence is concerned about community standards and harm brought on the community by breaching the trust that a pilot has with the community."

Gronych's steps toward re-

habilitation and the high level of public scrutiny the case attracted globally were mitigating factors, Brown said, noting also that Gronych never touched the controls of the aircraft.

Defence lawyer Susan Karpa declined to comment after the hearing.

Crown prosecutor Rosalind Greenwood said she is happy with the sentence.

Sunwing has said it has a zero tolerance policy on crew members consuming alcohol within 12 hours of going on duty.

THE CANADIAN PRESS



## Words used locally

According to the Dictionary of Canadianisms on Historical Principles, these words all have a local connection.

**Parkade:** A building, usually above-ground and with several storeys, serving as a parking area for motor vehicles.

**Explanation:** The term is most common in Alberta, and professor John Considine notes it's started to spread to Washington state. It's probably of Canadian origin, and linked to the Hudson Bay department stores which first appeared in Western Canada.

**Parking stall:** A single parking space in a parking lot.

**Explanation:** The term is "specifically favoured" in Alberta, where it is used far more frequently than anywhere else in the country.

**Kubasa:** A smoked sausage with pork and garlic.

**Explanation:** According to the dictionary "this term is an anglicization of either kovbasa, the Ukrainian word for 'sausage' or of Polish kielbasa." It's most frequently used in Manitoba, followed by Alberta, no surprise give our sizeable Ukrainian population.

**Hoser:** The type of Canadian young men who wear toques and flannel shirts while drinking beer and conducting inane conversations.

**Explanation:** The first reference the dictionary has is by Rick Moranis and Dave Thomas, who coined it in Edmonton during the comedy television skit "Great White North", which first aired on Second City TV (SCTV) in 1981.

ALEX BOYD/METRO

# Comprehensive guide to Canadianisms updated

## DICTIONARY

### Canuck-talk first published for Centennial in 1967



Alex Boyd  
Metro | Edmonton

One of the most comprehensive guides to Canadianisms has been updated — and expanded — for the first time in half a century.

After over a decade of work, a team of researchers led by professor Stefan Dollinger at the University of British Columbia has debuted an updated, online version of the Dictionary of Canadianisms on Historical Principles, a comprehensive rundown of Canuck-talk first published to mark the Centennial in 1967.

John Considine, an English professor at the University of Alberta, wrote the foreword to the new edition, after being present at what he calls the "birth" of the project over a decade ago.

He was a member of a panel in 2005 that discussed the possibility of an update, though "quite a bit of what I said I now think was wrong," he said in an interview Monday.

"For instance, I thought it'd have to come out of a big, richly funded dictionary centre, and that it would have to be a big printed volume — and neither of those was true."

Instead, the second version is online and, by design, reflects the way Canadians speak now. "I think that it was natural for the first edition of



John Considine, an English professor at the University of Alberta, wrote the foreword to the new edition of the Dictionary of Canadianisms on Historical Principles. KEVIN TUONG/FOR METRO

the dictionary, back in 1967, to reach back through Canadian history — to have a lot of words from the fur trade, for example," he said.

But fur trappers are few and far between in 2017, so the new version instead tackles things that concern modern Canadians, he said — like trying to find a place to stash your car.

"I think that the dictionary is very good at picking up on things as mundane as parking your car, something that Canadians talk about differently from other anglophones, or even that Albertans talk about differently from other Canadians," he said, pointing to the

local popularity of words like 'parkade' and 'parking stall.'

The project is of personal interest to the England-raised Considine, who came to Canada "after all my habits were fixed," and said he's still discovering new words.

"I'm ashamed to say that I didn't know 'hoser' was a Canadianism, and I really like hoser," he said, laughing.

"I feel like it does sum up a particular kind of person in a pretty non-insulting way. It's genial and friendly and humorous — and precise."

There is probably room to develop a few more Canadianisms though, as Considine pointed out there are a few

notable gaps in our current vocabulary.

"It's surprising, really, how few words there are from First Nation languages," he said. "We can all think of words like 'inukshuk,' but after speakers of English have been living in this part of the world for so many years, you might have thought that we would have picked up more things from our First Nation neighbours."

Though Canadians have way more exposure to other types of English than in 1967 — not to mention they binge-watch more American Netflix — he said there's no sign Canadianisms are going away.

"I think that exposure to

United States English isn't necessarily a threat to Canadian English, it may even be a stimulus for distinctiveness," he said.

He points to the particle 'eh' as one of the most well-known markers of Canadian speech — indeed, the dictionary identifies nine different ways you can use it — but it remains in popular use.

"Canadian English isn't like anyone else's, it's got our history embedded in it, it's got the way we live embedded in it," he said. "Canada has changed since 1967, and Canadian English has changed, but the recognition of Canadian distinctiveness is as important as it ever was."

## POLITICS

### Lawyers to leadership hopefuls

Alberta Liberals have approved two Calgary lawyers to seek the party leadership in a campaign that is expected to focus on a city that has been more badly hit by the economic downturn than other parts of the province.

David Khan is a former vice-president of the party and ran for the party in a byelection and in the last provincial vote.

Kerry Cundal works for the federal Immigration Department and ran for the federal Liberals in 2015.

Liberal president Karen Sevcik said the hope is the campaign will attract new people to the

party who are unhappy after voting NDP in the last provincial election and disaffected Progressive Conservatives who are leery of new leader Jason Kenney.

"It looks like Calgary is the most volatile. It is really where the NDPs won't do well next time. That is where the opportunity is for us to pick up seats," she said Monday.

"There is a real opportunity with the election of Jason Kenney. There is a bunch of people who have been left homeless. This is a chance for us to take advantage of that and reach out to those people."

Sevcik said recent polls suggest the NDP remains strong in Edmonton and the Liberals haven't fared well historically in rural areas.

The first campaign debate is set for Saturday in Calgary.

The new leader is to be announced at the party's annual general meeting in Calgary on June 4 following a provincewide online vote the previous week.

Khan said the race will come down to which candidate can best help the party grow beyond its base by attracting people who aren't right or left wing.

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# Ethics probe clears Redford

## INVESTIGATION

### Commissioner finds she didn't further private interests

Another investigation has cleared former Alberta premier Alison Redford of wrongdoing on how she selected a law firm to sue tobacco companies on behalf of the province.

Redford was Alberta's justice minister in 2010 when she chose a consortium of law firms that included a company that employed her former husband. The \$10-billion lawsuit is to recover smoking related health-care costs.

An investigation in 2013 cleared Redford, but a second probe found the first review did not have access to all of the relevant documents.

Alberta's ethics commissioner then asked her counterpart in British Columbia to investigate to determine if there should be another investigation.

In a report released Monday, Paul Fraser, B.C.'s acting ethics commissioner, says Redford did

not break Alberta's Conflict of Interest Act.

"I have found on a balance of probabilities that Ms. Redford did not improperly further another person's private interest in making her decision and, therefore, did not breach the Conflicts of Interest Act," the report says.

The report says Redford selected a consortium known as International Tobacco Recovery Lawyers (ITRL) to represent Alberta and that her former husband, Robert Hawkes, was a partner in one of the firms. ITRL was selected out of three consortium applicants to handle the lawsuit.

Fraser says he focused on whether Redford's decision improperly furthered Hawkes' private interest.


"In making the choice of counsel in the tobacco litigation, she used sensible and principled reasoning, based on cogent information she received in the briefing note from government officials and that she had collected in the course of her active tenure as Minister of Justice and Attorney General," the report says.

The consortium remains in charge of the lawsuit.

THE CANADIAN PRESS



Former premier Alison Redford was Alberta's justice minister in 2010 when she chose a consortium of law firms that included a company that employed her former husband. SEAN KILPATRICK/THE CANADIAN PRESS



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# Refugees say thanks with food

HALIFAX

## Syrian group responds with positivity after family harassed

A group of Syrian refugees is cooking weekend meals for Halifax shelters as a way of giving back to the community after a "racist attack" on one family.

Mohammad Al Jokhadar said a friend came up with the idea as a way to respond positively to the harassment of a Syrian refugee family in Halifax.

"There was ... a racist attack against one of the Syrian families here. A guy came along and was hurling racial insults at them, and just spitting on them, things like that," he said.

"We're just maintaining the equilibrium in society, right? So

if somebody throws a little bit of negativity, you give them a little bit of positivity to counteract the effect."

One of the members of the Syrian Thanksgiving Group of Nova Scotia, Suha Mersal, said they wanted to thank the Canadian government for bringing them here, and hope to give something back.

Eight out of 10 members of the group are Syrian refugees.

On Sunday, several families came together to cook Syrian foods and then delivered them to five locations.

It was the group's third weekend cooking for shelters, and Al Jokhadar said they plan to make it a weekly event.

"A lot of my Syrian refugee friends, they come from terrible conditions in refugee camps, and ... they know the meaning of poverty and suffering," Al Jokhadar said. THE CANADIAN PRESS



**WILDLIFE ONTARIO PUTS END TO SNAPPING-TURTLE HUNT** Snapping turtles have one fewer reason to fear humans in Ontario after the provincial government moved to end hunting of the slow-moving reptiles.

The government announced Monday that killing or trapping the animals will now be illegal.

Minister of Forestry and Natural Resources Kathryn McGarry said the government has been concerned about snapping-turtle populations for some time, and a government website that listed proposed changes to the hunt was flooded with people who wanted the hunt banned. "We had over 10,000 comments about the situation," she said.

TEXT: RYAN TUMILTY/METRO-OTTAWA; PHOTO COURTESY BART VAN BOCKSTAELE

WEATHER

## Manitoba not out of the floodwaters yet

Some of the floodwater that prompted states of emergency and evacuations in small Manitoba communities is starting to subside, although officials say the danger is not over yet.

Rising water from the spring melt over the weekend forced dozens of people from the Peguis First Nation along the Fisher

River north of Winnipeg.

There were also evacuees from the Sioux Valley Dakota Nation along the Assiniboine River in western Manitoba.

Closer to Winnipeg, ice jams on the Boyne River caused water to pour into dozens of basements on the weekend.

The community of 3,400

closed its high school and elementary school Monday as a precaution.

But Premier Brian Pallister says the weather is co-operating in most areas and ice jams are breaking up.

"It's a little early to breathe a sigh of relief yet, but nature has been co-operative in diminish-

ing the likelihood of floods in a number of our water basins," Pallister told the legislature Monday.

Flooding is an almost annual event in Manitoba, as spring melt water from as far away as Alberta and South Dakota passes through the province.

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HEROISM

# Malala to become Canadian citizen

Nobel Peace Prize winner Malala Yousafzai will receive her honorary Canadian citizenship in Ottawa next week.

Prime Minister Justin Trudeau's office says the presentation will take place April 12, when the 19-year-old Pakistani woman will also address Parliament.

Former PM Stephen Harper was to have presented the award in Toronto on Oct. 22, 2014.

But the event was cancelled, because that was the day a gunman attacked Parliament Hill after killing a soldier at the National War Memorial.

Yousafzai became an international symbol for girls' rights after surviving a 2012 attack by a Taliban gunman, who shot her in the head while she was



Malala Yousafzai.

riding a bus home from school in Pakistan. Trudeau's office says he wants to discuss "girls' empowerment through education."

THE CANADIAN PRESS

SCANDAL

# Bombardier sorry for lack of clarity

Bombardier did "a bad job" explaining its decision to raise executive compensation, but the company has listened to the public, CEO Alain Bellemare says.

Bellemare acknowledged that Bombardier underestimated the anger that would erupt over the pay hikes, which were to come as it was issuing pink slips to employees while receiving federal and provincial assistance.

"It's all on us," he said.

The remuneration is required to attract top talent to turn around the company's fortunes, which in turn benefits employees, he said.

Last week, the company issued a proxy circular showing that Bellemare and five others were in line for a nearly 50 per cent increase in compensation, most of which was to be granted in 2019. The disclosure stoked

fierce outcry that lasted for days, including a weekend protest at Bombardier's headquarters in Montreal.

Federal Economic Development Minister Navdeep Bains said Monday that like many Canadians, he was disappointed by the Bombardier executive pay raises, but it seems like the company is trying to address those concerns. "Clearly there's a recognition that they need to make changes, that they need to approach this differently," Bains said, striking a different message from the one offered by the prime minister last week.

Asked how he can justify the \$372.5-million federal loan for Bombardier's C-Series and Global 7000 aircraft programs, Justin Trudeau said his government respects "the free market and the choices that companies will make."

THE CANADIAN PRESS



Members of the International Development and Relief Foundation, which is launching a campaign for emergency assistance to people in East Africa. EDUARDO LIMA/METRO

# Helping East Africa

metr EFFECT

## Charity's campaign to help those facing famine



Gilbert Ngabo  
Metro | Toronto

A community effort is underway in Toronto to bring some relief to people facing famine in East Africa.

Following last week's Metro series chronicling food shortage in four countries already under the United Nations famine watch, one charity is springing

into action.

The International Development and Relief Foundation (IDRF) is launching a campaign for emergency assistance to people in Kenya, Somalia, South Sudan and Ethiopia.

In varying degrees, the four countries have endured three years of drought conditions that devastated crops and livestock, leaving millions of residents at the brink of starvation. But the crisis has largely been overlooked, said IDRF chair Zeib Jeeva.

"We have so many kids that are possibly going to die because aid is not coming," he said. "It's very sad that there isn't much attention about this dire situation. We feel it's our

duty to help."

The UN has warned that over 20 million people in Yemen, Somalia, South Sudan and northern Nigeria could soon face a full-blown famine if a \$4.4-billion relief fund is not provided by July. Ethiopia and Kenya are not on the UN watch, but the two countries are in the same predicament of a looming crisis in East Africa, according to IDRF.

As part of the campaign, the charity will partner with organ-

izations on the ground to provide meals to people in need — many of whom have been internally displaced and live in temporary camps.

Jeeva said it is important to provide immediate emergency relief to those facing starvation, but the greater emphasis must be on long-term stability and sustainability of affected communities.

"We can't just be there when the situation is in the media and forget people afterwards," he said.

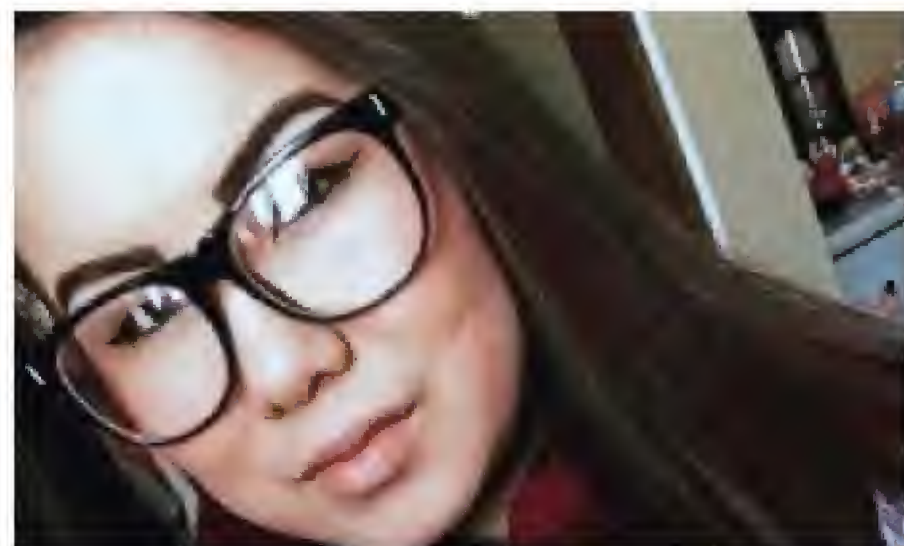


**We have so many kids that are possibly going to die because aid is not coming.**

Zeib Jeeva

MANITOBA

# Tina Fontaine's sister is reported missing



Sarah Fontaine has lost a father, a sister and a cousin. CONTRIBUTED

The sister of a Manitoba teen who became one of the poster children for the issue of missing and murdered indigenous woman is now missing herself and her family says it all stems from the tragedies she has experienced in her life.

Sarah Fontaine, 16, has lost a father, a sister and a cousin in recent years. She is the younger sister of Tina Fontaine, the 15-year-old whose body was found wrapped in a bag in the Red River on Aug. 17, 2014.

"Her and Tina were just inseparable. They were always

together, and then when she lost Tina, she felt she just lost everything," Thelma Favel, the great-aunt who took care of the girls from a young age, said Monday.

Eugene Fontaine, father to both Sarah and Tina, was beaten to death on the Sagkeeng First Nation, northeast of Winnipeg, on Oct. 31, 2011. His death was what caused Tina to spiral downward and require foster care, Favel and others have recounted.

Two men pleaded guilty to manslaughter in Eugene Fontaine's death. Another man has been charged with murder in

Tina's case and is currently awaiting trial.

Last month, the girls' cousin, Jeanne Fontaine, 29, died after being shot in the back of the head in a Winnipeg house that was set on fire.

Sarah Fontaine got pregnant after Tina was killed, Favel said, and had been living in a Winnipeg-area home with her infant and receiving counselling for about a year.

RCMP reported the girl missing last week. Favel said Sarah drove to Favel's home.

"She wanted to come back

home here but she's not ready. She didn't receive the proper counselling that she needed."

Favel said she called police when Sarah arrived last week and the girl and her baby were taken into new, separate homes in Winnipeg-area.

On Monday, Favel learned Sarah had disappeared again.

"I just want her safe," Favel said.

The RCMP said Sarah was last seen on Sunday morning in the Polo Park area of Winnipeg and was last heard from on Sunday afternoon. THE CANADIAN PRESS



## BREXIT

## U.K. talks war over Gibraltar

Less than a week after asking for a divorce from the European Union, Britain is talking war.

The dispute over Gibraltar is a conflict of words, not weapons — a matter of bellicose headlines in Britain and bemusement in Spain. But it's a sign of how rough the road ahead could be as the U.K. extricates itself from the 28-nation bloc.

The rocky 6.7 sq. km enclave at the tip of the Iberian peninsula has been a British territory since 1713.

The latest spat was sparked by draft Brexit negotiating guidelines drawn up by the EU, which said no future agreement between Britain and the bloc would apply to Gibraltar unless both the U.K. and Spain agreed.

Officials in Gibraltar accused Spain of using Brexit to force negotiations on the status of Gibraltar, against the wishes of the 32,000 Gibraltarians, who want to remain British.

Former Conservative Party leader Michael Howard said Prime Minister Theresa May would defend Gibraltar as Margaret Thatcher did the Falkland Islands. THE ASSOCIATED PRESS

## CHICAGO

## Second teen turns himself in

A second teenager suspected in the sexual assault of a Chicago teenager that was streamed live on Facebook turned himself in to police on Monday afternoon.

Police spokesman Anthony Guglielmi said the mother of a 15-year-old boy who was being sought on an arrest warrant issued Sunday brought him to a police station. Guglielmi said the boy would be later brought to a juvenile detention centre where a 14-year-old boy who was arrested in the case over the weekend is being held. Each teen faces felony counts of criminal sexual assault, manufacturing of child pornography and dissemination of child pornography, Guglielmi said.

Police have not provided details about what exactly happened on March 19 when they said five or six males participated in sexually assaulting a 15-year-old girl after she was lured inside a residence by one of the suspects. But they have said that besides the cellphone camera that recorded the incident and streamed it live on Facebook, others at the scene also recorded the sexual assault.

Police haven't released the names of any suspects.

THE ASSOCIATED PRESS

# Explosion tears through Russian subway station

## ST. PETERSBURG

## 11 people dead, 45 being treated in hospitals

A bomb blast tore through a subway train deep under Russia's second-largest city Monday, killing 11 people and wounding more than 40 in a chaotic scene that left victims sprawled on a smoky platform. Hours later, anguish and fear rose again when police found and defused a shrapnel-packed explosive device at another St. Petersburg station.

There was no immediate claim of responsibility for the attack, which came while President Vladimir Putin was visiting the city, his hometown. In the past two decades, Russian trains and planes have been frequent targets of terrorism, usually blamed on Islamic militants.

News reports initially said police were searching for two suspects, and Russian state television showed a photo of one suspect wearing what appeared to be a skullcap characteristic of Russia's Muslim regions. However, the Interfax news agency later cited unspecified sources as saying police now suspect the blast was the work of a suicide bomber linked to radical Islamists.

The National Anti-Terrorism Committee said it was looking for the "perpetrators and organizers of the terror attack." St. Petersburg, a major tourist destination famed for its imperial palaces and lavish art museums, had been spared pre-



From now on, I will be scared to take the subway.

Marina Ilyina

vious attacks.

"From now on, I will be scared to take the subway," said Marina Ilyina, 30, who brought flowers to the station where the train stopped after the bombing. "We in St. Petersburg thought we wouldn't be touched by that."

The explosion occurred in midafternoon as the train travelled between stations on one of the city's north-south lines. The driver chose to continue

on to the next stop, Technological Institute, a decision praised by the Investigative Committee as aiding evacuation efforts and reducing the danger to passengers who would have had to walk along the electrified tracks.

The National Anti-Terrorism Committee said the death toll was 11, with another 45 people being treated for wounds in hospitals.

Amateur video broadcast by Russian TV showed people lying on the platform of the Technological Institute station, and others bleeding and weeping just after the damaged train pulled in. THE ASSOCIATED PRESS



1 Blast victims lie near a subway train hit by an explosion at the Tekhnologicheskoy Institut subway station in St. Petersburg, Russia on Monday.



2 Russian President Vladimir Putin places flowers in memory of victims of the blast in the Saint Petersburg station. THE ASSOCIATED PRESS

## COLOMBIA

## Relatives searching for missing kids, loved ones

Jose Albeiro Vargas last saw his grandson the night fierce rain unleashed havoc on this small city surrounded by rivers and mountains in southern Colombia.

From what Vargas has been able to gather, the torrents of mud, water and debris unleashed on the city of Mocoa by the rain-swollen river swept away his daughter and her 18-month-old grandson, Jadir Estiven. Ever since, has been searching for them without success.

"They were hit by the strongest avalanche," Vargas, a clothing store owner who was so ex-

hausted he could barely speak or open his eyes, said Sunday.

He is far from the only person in Mocoa searching desperately for young loved ones. At least 43 children were among the confirmed dead from the devastating flood, according to President Juan Manuel Santos. The national disaster management agency said Monday that the official death toll had increased to 262.

The young may have been particularly vulnerable in this disaster because nearly all were in bed when the floods surged through the city of 40,000 Friday night and early Saturday.

Maria Cordoba, 52, said two of her nephews, ages 6 and 11, were killed when their house was destroyed. "The mother as well was totally beaten up" but managed to save her 18-month-old baby, she said while at the river trying to clean items she salvaged from her home.

The death toll from the flood, one of the worst natural disasters to strike the country in years, was expected to rise as many people were injured or remained unaccounted for, and bodies were still being pulled from the thick mud, tree limbs and debris that covered much of the city.

The deluge smashed houses, tore trees out by the roots and washed cars and trucks away.

Search-and-rescue teams combed through the debris and helped people who had been clawing at huge mounds of mud by hand.

Dozens stood in the door of a hospital, hoping for news of family members who were not on the list of those confirmed dead or injured. Others frantically knocked on relatives' doors, hoping to find someone with information about their loved ones.

THE ASSOCIATED PRESS



A wounded young girl waits for medical attention at a shelter in Mocoa, southern Colombia on Monday.

GETTY IMAGES





Condom topped wine jugs surround winemaker Orestes Estevez at his house in Havana, Cuba. THE ASSOCIATED PRESS

# Condoms beat corks

CUBA

## Contraceptives cap bottles in wine-making process

The sweet smell of fermenting fruit fills the streets around the modest Havana home where Orestes Estevez and his family fill glass jugs with grapes, ginger and hibiscus, then slip a condom over each glass neck to start the unusual process of winemaking in a land famed for rum.

From origins as an illicit backyard still, Cuba's El Canal winery has become a flourishing business that annually produces thousands of gallons

of wine flavoured with guava, watercress and beets.

Estevez, 65, has made wine for decades.

After a career in the military and security services he legalized his business and opened a tiny winery in 2000 as communist Cuba took the first steps toward allowing private enterprise.

The winery has become a neighbourhood attraction, with residents of the El Cerro neighbourhood sitting on the curb at all hours sipping Estevez's wine from green glasses.

The most remarkable sight, however, is hundreds of bottles capped with condoms that slowly inflate as the fruity mix ferments and produces gases. When the fermentation is over and there are no more gases,

the condom stops inflating and falls, and the wine is ready for bottling.

"Putting a condom on a bottle is just like with a man," Estevez said. "It stands up, the wine is ready, and then the process is completed."

All told, it takes a month to 45 days to produce a jar of wine. Estevez's product is bottled and sold for consumption in homes and restaurants, with sales at an average of 50 bottles a day for 10 Cuban pesos (40 cents) apiece.

It's an accessible pleasure for Cubans who earn an average of \$25 a month and can't afford imported wine that sells for at least half of that, and often many times more, in state-run liquor stores.

THE ASSOCIATED PRESS

## + IMPROVISING

Cubans make do with what they have, and condoms have been put to many new uses.

■ Fishermen use inflated condoms off Havana's seaside promenade as improvised floats to carry bait out to sea and increase its resistance against tugging fish.

■ In smaller home wineries, condoms are pricked with a pin to allow the slow release of gas — replacing sophisticated valves used in more technologically advanced winemaking operations.

TECHNOLOGY

## Swedish startup microchips staff

The syringe slides in between the thumb and index finger. Then, with a click, a microchip is injected in the employee's hand. Another "cyborg" is created.

What could pass for a dystopian vision of the workplace is almost routine at the Swedish startup hub Epicenter. The company offers to implant its workers and startup members with microchips the size of grains of rice that function as swipe cards: to open doors, operate printers, or buy smoothies with a wave of the hand.

The injections have become so popular that workers at Epicenter hold parties for those willing to get implanted.

"The biggest benefit I think is convenience," said Patrick Mesterton, co-founder and CEO of Epicenter. "It basically replaces a lot of things you have, other communication devices, whether it be credit cards or

keys."

The technology in itself is not new. Such chips are used as virtual collar plates for pets. Companies use them to track deliveries. It's just never been used to tag employees on a broad scale before. Epicenter and a handful of other companies are the first to make chip implants broadly available.

And as with most new technologies, it raises security and privacy issues. While biologically safe, the data generated by the chips can show how often an employee comes to work or what they buy.

Epicenter, which is home to more than 100 companies

and some 2,000 workers, began implanting workers in January 2015. Now, about 150 workers have them. The implants have become so popular that Epicenter workers stage monthly events where attendees have the option of being "chipped" for free. THE ASSOCIATED PRESS

“It replaces credit cards or keys.”

Patrick Mesterton

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**GINA COMEAU**

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BLUEPRINT by Jamie Bradburn For Metro

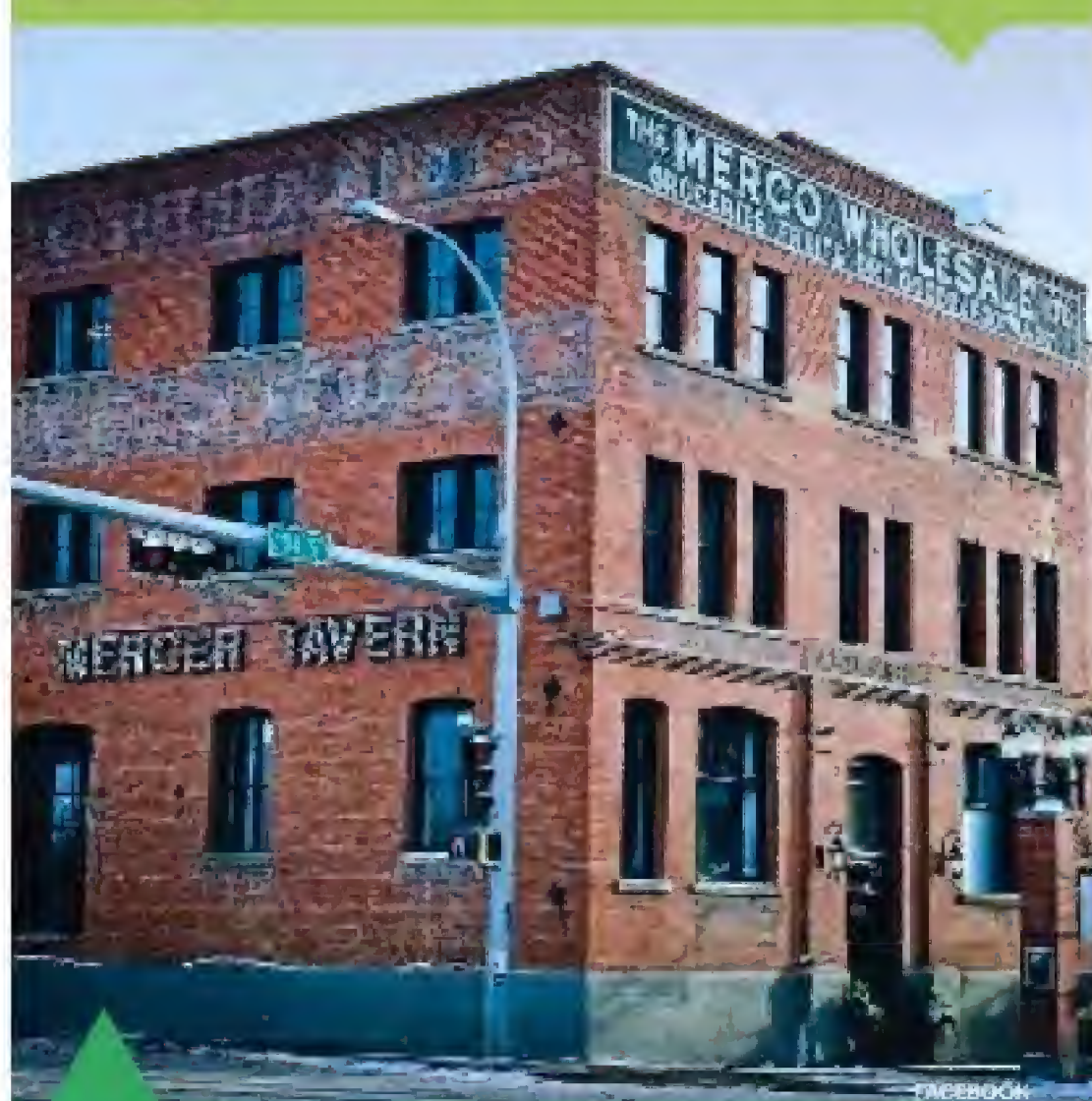
## Old buildings hosting new ideas

Sometimes buildings outlive their original purpose, but it doesn't spell their end. Canadian cities are filled with historic structures that found second lives. From museums to supermarkets, these sites provide innovative new uses that respect each building's past. They show that with creativity, a heritage designation isn't an obstacle to building a great city. **Some highlights across the country:**

### Mercer Warehouse, Edmonton

#### THEN

A warehouse built in 1911 to store cigars and liquor.



#### NOW

Part of the 104th Street warehouse district, the site houses restaurants and business start-ups.

### Pier 21, Halifax

Ship terminal that welcomed immigrants between 1928 and 1971.



An immigration museum, an art and design campus and shops.

### Union Bank, Winnipeg

The oldest skyscraper in western Canada, opened in 1904.



Red River College's GlobalFoods Institute now resides in the old bank.

### Mill Street Brew Pub, Ottawa

An 1850s-era grist mill on the Ottawa River.



Mill Street Brewery now operates the site as a brew pub.

### Maple Leaf Gardens, Toronto

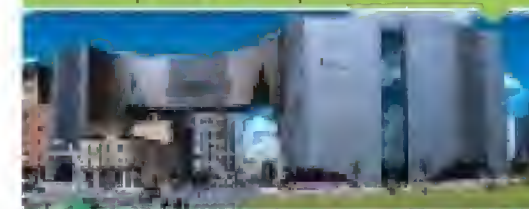
Where the Maple Leafs enjoyed their glory days.



Ryerson University's gym, including a rink; also, a grocery store.

### King Edward Hotel, Calgary

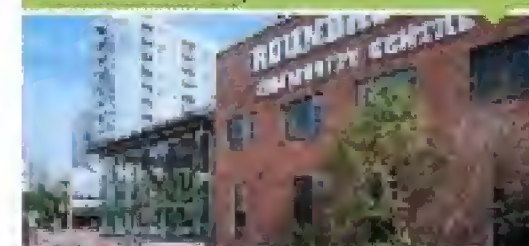
Historic railway-era dive bar along the city's "Whiskey Row."



Disassembled and rebuilt brick by brick as music venue and museum.

### Roundhouse, Vancouver

Western terminus of the Canadian Pacific Railway.



Community space, performance venues, art studios and a gym.

### PUBLIC WORKS The week in urbanism



#### SHIP SHAPE

A Seattle doughnut shop turned a 7.3-metre wooden boat into the city's newest public space. The Endurance is anchored in land outside Mighty-O Donuts, inviting people to sit on cedar benches, and feel a bit nautical.

#### SCALING INEQUALITY

Calgary introduced a \$5.05 monthly transit pass for its lowest-income residents. People earning \$12,500/year or less can pay the new low rate, which comes in at a deep discount from the \$101/month pass.

#### URBAN DICTIONARY



#### DEFINITION

A **Barnes Dance** is an intersection where cars stop in all directions to allow pedestrians to cross diagonally. Named for former New York City traffic commissioner Henry Barnes, it is frequently called a pedestrian scramble or diagonal crossing.

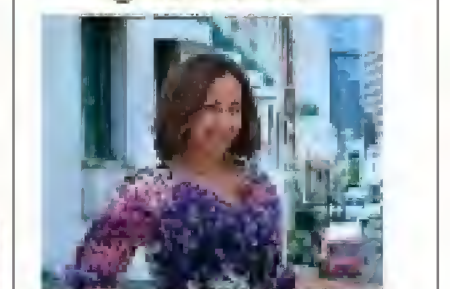
#### USE IT IN A SENTENCE

Chad was confused that the **Barnes Dance** had nothing to do with country music.

#### CITY CHAMP

**Stephanie Allen** is a Vancouver-based planning researcher and real estate worker. Her graduate studies at Simon Fraser University focus on incorporating historically marginalized voices in city building.

@BuiltJustice



### WORD ON THE STREET by Luke Simcoe For Metro

## More cities need to open the doors and let the hackers in



When I walk into Civic Tech's Toronto meetup, I'm greeted by coders, data geeks and policy wonks.

In one corner, volunteers work to make the city's budget process more transparent. In another, a gang of "guerilla archivers" are saving climate change data from the clutches of Trump's administration.

It's an uplifting scene that plays out across Canada, including BetaCity YEG in Edmonton, Civic Tech London and YOW Civic Tech in

Ottawa.

As Canadian cities strive to get "smarter" — to better use data and technology to address the challenges they're facing and improve the services they deliver — this growing civic tech movement can lend a hand.

By applying strategies still alien to government, like agile development and design thinking, civic tech groups are building tools to address city issues faster, and often cheaper, than municipalities are used to.

Imagine the possibilities if local governments embraced and supported these mostly volunteer groups.

Some cities are catching on. But more should adopt the International Open Data Charter like Edmonton has, or launch a Civic Innovation Office like Toronto, or give startups a chance to solve municipal challenges. In Guelph, Ont., a new "civic accelerator" has already helped save five million litres of water by bringing in water monitoring experts.

The result? A more environmentally-conscious and affordable city.

If Canadian cities want to be smart, they should foster these groups, partner with them, and build tech solutions that start with the community.

After all, technology is only as good as the people who build it.

**Luke Simcoe** works for Urban+Digital, a non-profit focused on how governments use technology.





# How I fell for a psychopath

## RELATIONSHIPS

### Online forums helping victims realize that it's time to get out

Though the lies started right away, it wasn't until much later that Sandra realized how badly she'd been conned.

They met at a mutual friend's birthday in 2012. She mentioned she was taking a wood-working class; he was considering the same one. "He started with the 'me too'-ing and it felt like we had so much in common," says Sandra\*, who is now 35 and lives in Toronto.

Soon followed a phase of what she calls "love-bombing," where it seemed she'd met her perfect match. There were unbelievable, magical coincidences: he "just knew" when she couldn't sleep, calling late at night. She'd fantasized about a dream date with a scavenger hunt in a library using books as clues. She couldn't believe when he made it happen.

"It felt like it naturally unfolded," she says. "I was like, 'This is my soulmate.'"

By the time he started to drift away just a few weeks later, Sandra was hooked. The pattern, she would later discover, is common and linked to psychopathic traits. While pop culture suggests psychopaths are cold-blooded killers, there's a growing awareness of the damage the subtler variety can inflict on others.

According to victims, it starts with idealization, which could include personality mirroring and over-the-top affection. Then follows devaluation, lies, infidelity and poking at insecurities; then an eventual discarding, replacing one unwitting victim for another.



**When you're given your dream, you don't want to question it. It felt like I was high all the time.**  
Sandra, who found herself in a relationship with a psychopath

Countless people say they've experienced something similar, sharing their stories in online forums such as Psychopath-Free.com, Aftermath: Surviving Psychopathy and LoveFraud.com. These have become support networks for people who believe they've been caught up with a psychopath — someone who is unable to experience love or empathy, who is charming but insincere, lacking in remorse and pathologically egocentric.

About 1 per cent of the population may fit the criteria.

The forums are a source of data for academics, providing some of the only research on the potentially devastating impact.

"These are not people who are axe-murderers, but they are sort of torturing somebody.

That emotional manipulation is not what normal human beings engage in. Usually we have a degree of empathy," says Toronto therapist Sheila Willson, who counsels victims of these toxic partners.

"It's enraging, distressing, traumatizing and causes so much self-doubt."

About a year into her relationship, Sandra found herself Googling the warning signs and came across one such forum.

Charm, lies and manipulations. Having to explain obvious human emotions to him. His crushing boredom, leading to recklessness. Check, check and check. Sandra's boyfriend disappeared three times, ditched countless jobs and moved several times over the next two and a half years. She is now convinced he had taken up with

other women, piecing together clues from Facebook and elsewhere.

Get out, her online friends advised. Break off all contact.

Sandra eventually accepted she'd been duped. He never signed up for that wood-working class. She now thinks he'd been driving past her apartment at 2 a.m., checking to see if the lights were on; that he'd found a long-forgotten blog post about the library date.

It can be chilling to identify psychopathic traits in a boss, partner or — these days — political leader. Recent headlines have mused whether Donald Trump is a psychopath, sociopath or narcissist. The shared trait is callousness, an innate indifference to others.

A narcissist shares overlapping characteristics with

a psychopath, which many experts agree is the same as sociopath — though the latter downplays the connotation of danger. In other words, "psycho" is a casual accusation, but true psychopaths represent a specific identity.

Diagnosis is difficult, let alone from afar. Forums are some of the few resources for victims, and are more about affirmation and support than clinical accuracy.

Therapist Willson sees the impact first-hand — it makes up a quarter of her practice. For many of her clients, mostly women, stumbling upon these sites is an entry point to healing.

"It's usually how they begin to put it all together," Willson says. "There's a big a-ha."

When a victim addresses their suspicions, they may be ac-

cused of being crazy, jealous or sick, and start to doubt their own sanity, Willson says. The psychopath walks away with no remorse. Accepting that the love and flattery were part of a strategy to get sex, shelter, money or entertainment, can cause rage, distress and major self-doubt in victims.

The forums are useful, but only to a point, Willson says. Victims need to get out of their situation, not stay mired in it. In many cases, she says, they should seek one-on-one therapy to address self-esteem issues.

Sandra eventually took the advice of her anonymous online friends and refused all contact with her boyfriend. Her ex died in Toronto in late 2015, several months after she'd broken it off. She'll never know if he was truly a psychopath, had a few traits, or was just a really bad boyfriend.

But finding a forum to share her experience was life-changing, and she hopes others who feel trapped by a relationship with a psychopath realize they aren't as isolated as they think.

"I hate social media. I can't stand it. This is the only website on the planet where I made an account and talked in the forums after lurking for a year," she says today. "I felt compelled to tell other women it was going to be OK."

*\*Sandra is a pseudonym, used to protect the identity of all involved.*  
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**Genna Buck**  
Metro Canada



When Jody McLennan woke up to find her husband Oghenovo Avwunufe unconscious and unresponsive, she did the right thing: She called 911 and started CPR, giving chest compressions.

Tragically, it was too late. Avwunufe had passed away some time before, after taking cocaine that was likely laced with the deadly painkiller fentanyl.

The growing number of Canadians dying from opioids like heroin, oxycodone and fentanyl has spawned a debate about what specific first-aid advice and training are needed to address the crisis. Different organizations, such as the American Heart Association and the World Health Organization, have slightly different guidelines.

The whole issue of overdose first aid is fraught with emotion and surrounded by a great deal of misinformation and confusion — particularly when it comes to the relative merits of rescue breathing (commonly called “mouth-to-mouth”) and chest compressions (a.k.a., CPR).

Metro spoke to three Canadian experts to clarify what you need to know if you’re faced with someone who has overdosed and might die.

All three gave the same basic

# How to act in an overdose emergency

## Chest compressions or rescue breathing? Metro gets some expert insight about first aid responses

advice: If, after using drugs, someone passes out and can’t be roused, call 911, do chest compressions, and give naloxone, a lifesaving over-the-counter drug that can reverse the effects of an opioid overdose.

But they had slightly different opinions about mouth-to-mouth.

Since 2010, international and Canadian first-aid guidelines have recommended against the practice in most situations, favouring simplified, compressions-only CPR instead. Studies clearly show the simpler approach encour-

ages people to do CPR instead of doing nothing, and dramatically increases survival rates from cardiac arrest.

Christian Vaillancourt, Research Chair in Emergency Cardiac Resuscitation at the University of Ottawa, explained that because opioid sedation slows or stops breathing, “Initially, ventilations (rescue breaths) would represent a far more valuable intervention.”

“That said,” he continued, “Respiratory arrest will also ultimately lead to cardiac arrest,

in which case ventilations alone are certainly not optimal without chest compressions. Chest compressions can also provide some movement of air in and out of the chest.”

Michelle Welsford, Director of the Hamilton Health Sciences Centre for Paramedic Education and Research, also favours compression-only CPR, because it can be taught in seconds. But

**THE KIT**  
Naloxone (brand name Narcan) is an over-the-counter drug sold as either an injection or nasal spray. It’s an essential first aid kit item if you’re ever around people who use street drugs.

she said if you have the training and can get over the “yucky” factor, you should go ahead and do rescue breathing.

Aaron Orkin, researcher at the Schwartz/Reisman Emergency Medicine Institute, said a key thing to understand is that most people who overdose aren’t like Avwunufe, who was 25 and perfectly healthy. Chronic drug users are prone to chronic

## What to do if someone ODs

Tips from ER doctor and first-aid researcher Aaron Orkin:

- 1 **Call 911**, no matter what is happening or who is there.
- 2 **Check responsiveness:** Shake the person and shout their name. They should show obvious signs of life. Gurgling or moaning noises do not count as responsiveness.
- 3 **Give chest compressions** if the person is unresponsive. Make sure they’re lying down on a firm surface. Push hard and push fast in the centre of the chest.
- 4 **Give naloxone** (nasal spray or injection), following the directions in the kit.
- 5 **Use an automated external defibrillator (AED)** if there’s one available. You don’t need training to use an AED, and you can’t do it wrong. The machine will tell you what to do and it will not go off if the person’s heart is working properly.

health problems. Most people who die of overdose have more than one thing going on — like an infection, a heart condition, or other drugs in their system — not just the respiratory arrest brought on by the opioids.

And unless you’re a medical professional, you can’t diagnose them. So do what you know works: Chest compressions.

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\*No purchase necessary. Skill testing question required. Limit of one (1) entry per person per day. Contest open to residents of Ontario, British Columbia, Alberta, Manitoba, and Nova Scotia who (a) are 18 years of age or older as of the start of the Contest Period. Twenty (20) prizes are available to be won, each consisting of two passes to see *Going In Style* in theatres. Approximate retail value of each prize is \$25. The Contest Period begins at 2:00 PM ET on March 10, 2017 and ends at 11:59 PM ET on April 10, 2017. For complete contest rules, visit <http://wonderlist.ca/2017/03/goinginstylectickets>.

### STUDY

## Calls to raise awareness of transgender fertility options

Many trans people believe choosing to have surgery to affirm their gender means they have to give up the possibility of having biological children in the future.

But that’s not necessarily true, and according to a new study conducted at three Toronto medical centres, many transgender patients aren’t aware of their fertility options. The study surveyed 213 transgender adults, including 187 who have no children. About half were assigned female at birth; half male.

Thirty per cent of respondents told researchers they didn’t know their fertility options. Of those, 77 per cent said they’d never even had a conversation about fertility with their doctor.

Infertility is a side effect of hormone therapy and many procedures that fall under the umbrella of gender affirmation surgery (sometimes also called sex reassignment surgery).

But preserving eggs or sperm before beginning treatment can help get around that problem. For example, before having a hysterectomy a transgender man could have his eggs removed and frozen, and then later pursue a pregnancy with



**“We have to do a better job making sure that people are aware of their reproductive options.”**

Rachel Clark

a fertile female partner or a surrogate.

Rachel Clark, a transgender woman and LGBTQ rights activist living in Toronto, said the findings didn’t surprise her.

“I was lucky enough to have a doctor who was experienced,” she said. “And I came out much later in life. I already knew that I wasn’t having children.”

“But if I’m a 20-year-old person (transitioning), I should be informed that it’s going to have an effect on my reproductive organs, and that I can take steps to preserve fertility,” she added.

She blames the problem on many doctors’ lack of familiarity with transgender health issues.

“Now there are many doctors who can make decisions on trans health care, which is great,” she said. “But people who are new might not know to ask about fertility. It’s not that they’re bad doctors, it’s just

that they don’t understand.” (According to a 2015 report from the Canadian Federation of Medical Students, Canadian medical students get a median of four hours of instruction about LGBTQ health issues during their entire pre-clinical training.)

Finally, there’s the issue of cost. Egg freezing, storage, and IVF can run into the tens of thousands of dollars, and transgender people are disproportionately poor. In Ontario, more than half of transgender people make less than \$15,000 per year. Participants in the new Toronto study named cost as their number one barrier to fertility options.

“We have to do a better job making sure that people are aware of their reproductive options,” Clark said, “figuring out a way to alleviate the cost.”

GENNA BUCK/METRO





We should only use sorry when it really counts. iStock

# Slow down on sorries

## ADVICE

### Unapologetic guide to cutting back on saying sorry so much

**Sofi Papamarko**  
life@metronews.ca

My first sorry of the day was to my fellow TTC commuters. I squeezed my body onto a tightly packed bus because I was late, it was raining and there was no way I was waiting for the next one.

After that, I apologized to a barista for forcing her to break a \$20 for a cup of tea. Then, while browsing my favourite used bookstore after work, I bumped into the corner of a bookshelf... and promptly apologized.

I say "sorry" far too often, and often for no good reason. I started counting my sorries the other week and lost track at 47.

Excessive apologizing is a common trait of people-pleasers. It's also symptomatic of being a polite Canadian. Sorry is right up there with "about" and "eh?" as the most stereotypically Canadian of all verbal tics.

Sorry should not be used lightly. It is and should be a powerful word. It seeks to make reparations for pain caused. It expresses sympathy. It expresses empathy. For some, it is the most difficult phrase in the English language to utter. Others, like me, use it as liberally as punctuation.

Here are some scenarios where people might unnecessarily use the word "sorry".

**Case 1** — You find a hair in your food at an upscale restaurant

Incorrect response: "Sorry! There's a hair in my soup. Maybe it's mine? It's probably mine. Sorry! Can I get another one? Sorry! Sorry! No, I'm sorry!"  
Correct response: "Excuse me, there's a hair in my soup."

**Case 2** — Somebody stands on your foot  
Incorrect response: "Ouch! Oh! Sorry!"  
Correct response: "You are standing on my foot."

**Case 3** — You have to cancel plans with a friend because you've caught a cold  
Incorrect response: "I am so sorry but I have to cancel our plans tonight! I have a cold. Sorry! Such bad timing. I know. Sorry! Sorry! Sorry! I'm the worst!"  
Correct response: "I have a cold and have to cancel because I care about you and I don't want to get you sick."

**Case 4** — Your husband impregnated your best friend  
Incorrect response: "I suppose I have been a somewhat neglectful partner and friend lately, what with starting a new business and pursuing my dreams and all. Sorry!"  
Correct response: "We are getting a divorce."

There are, of course, legitimate situations where you should say that you're sorry. When you have hurt someone. When someone you care about is hurting. When you regret doing or saying something (or not doing or not saying something) that has impacted another person's life.

Let's do our best to stop saying "sorry" unless it's called for and only use it when it counts.

TORSTAR NEWS SERVICE

## STUDY

# Canadian newborns are worst cry babies

Canadian newborns are among the fussiest, most colicky in the world.

That's according to a British study published Monday in the *Journal of Pediatrics*, which looks at prevalence rates of colic and the duration of fussiness and crying in infants during their first three months.

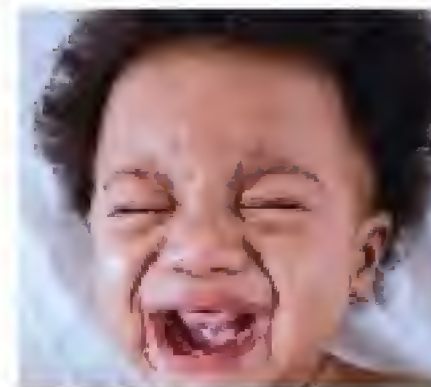
Researchers conducted a meta-analysis of existing research from North America, parts of Europe, Australia and Japan, focusing on

28 studies — including six from Canada — that included 8,690 healthy infants. They wanted to know what was normal when it came to babies and crying.

"We've got, for example, weight charts, so parents and pediatricians can plot down how a baby grows and know if it's in the normal range — and that's quite reassuring for parents," explained lead author Dieter Wolke, a psychology professor at the University of Warwick.

"But for crying, that didn't exist. It does now."

The study shows that around the one-month mark, Canadian babies fussed or cried for 150 minutes a day, compared with the overall average of 118 minutes. While changes in crying levels are part of a baby's normal biological adaptation, the paper speculates that genetics, economic conditions, caretaking practices and feeding type may play roles. TORSTAR NEWS SERVICE



While Canada topped the list, Danish babies cried the least. iStock



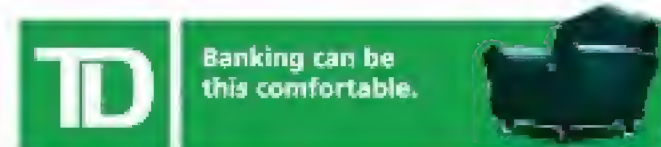
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<sup>2</sup> On average, based on a comparison of 2016 Aeroplan flight reward bookings against actual market base fares and leading financial institutions' travel rewards programs' terms and conditions. <sup>3</sup> Welcome Bonus of 15,000 Aeroplan Miles ("Welcome Bonus Miles") will be awarded to the Aeroplan Member account associated with the TD Aeroplan Visa Infinite Card Account ("Account") only after the first Purchase is made on the Account. To receive the additional 10,000 Aeroplan Miles, you must also: (a) apply for an Account between March 6, 2017, and June 14, 2017; (b) make \$1,000 in Purchases on your Account, including your first Purchase, within 90 days of Account approval. To receive the additional 5,000 Aeroplan Miles for adding an Authorized User to your Account ("Authorized User Bonus"), you must: (a) apply for an Account and add an Authorized User between March 6, 2017, and June 14, 2017; and (b) Authorized User must call and activate their Card by July 31, 2017. You can have a maximum of three (3) Authorized Users on your Account but you will only receive 1 (one) 5,000 Authorized User Bonus Aeroplan Miles offer. Annual Fee for each Authorized User Card added to the Account will apply. The Primary Cardholder is responsible for all charges to the Account, including those made by any Authorized User. If you have opened an Account in the last 6 months, you will not be eligible for these offers. We reserve the right to limit the number of Accounts opened by and the number of miles awarded to any one person. Your Account must be in good standing at the time bonus miles are awarded. Please allow 8 weeks after the conditions for each offer are fulfilled for the miles to be credited to your Aeroplan member account. Offers may be changed, withdrawn or extended at any time and cannot be combined with any other offer unless otherwise specified. These miles are not eligible for Aeroplan status. All trade-marks are property of their respective owners. <sup>4</sup> The Air Canada maple leaf logo and Air Canada are registered trade-marks of Air Canada, used under license. <sup>5</sup> The Aeroplan logo and Aeroplan are registered trade-marks of Air Canada Inc. <sup>6</sup> The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.



## HOCKEY

## -LOCAL NEWS • VIEWS • LIFE • SPORTS



MAKE IT TODAY

# Tasty Broccoli Cheese Patties



PHOTO: MARY VIANTE

**Ceri Marsh & Laura Keogh**  
For Metro Canada

Lunch doesn't always need to be a sandwich — change things up with these satisfying, healthy patties.

**Ready in 35 minutes**

Prep time: 10 minutes  
Cook time: 25 minutes  
Serves 6

**Ingredients**

- 1 Tbsp olive oil
- 1/2 onion, minced
- 2 cloves garlic, minced
- 4 cups broccoli, chopped finely
- 3/4 cup panko
- 2 eggs
- 1/2 cup grated cheddar
- 1/3 cup grated Parmesan

**Directions**

**1.** Preheat oven to 400 degrees.

**2.** Sauté onions and garlic in olive oil over medium heat until they begin to soften. Add broccoli and allow to begin to soften, 3 minutes. Remove from the heat. Line a baking sheet with parchment paper and set aside.

**3.** In large bowl, whisk eggs. Now add panko, cheddar and Parm and mix. Add the broccoli mixture and combine thoroughly.

**4.** Use your hands to form even patties and place on a lined baking sheet and pop into the hot oven. After 15 minutes, use a spatula to flip the patties. Bake another 10 minutes and they're done.

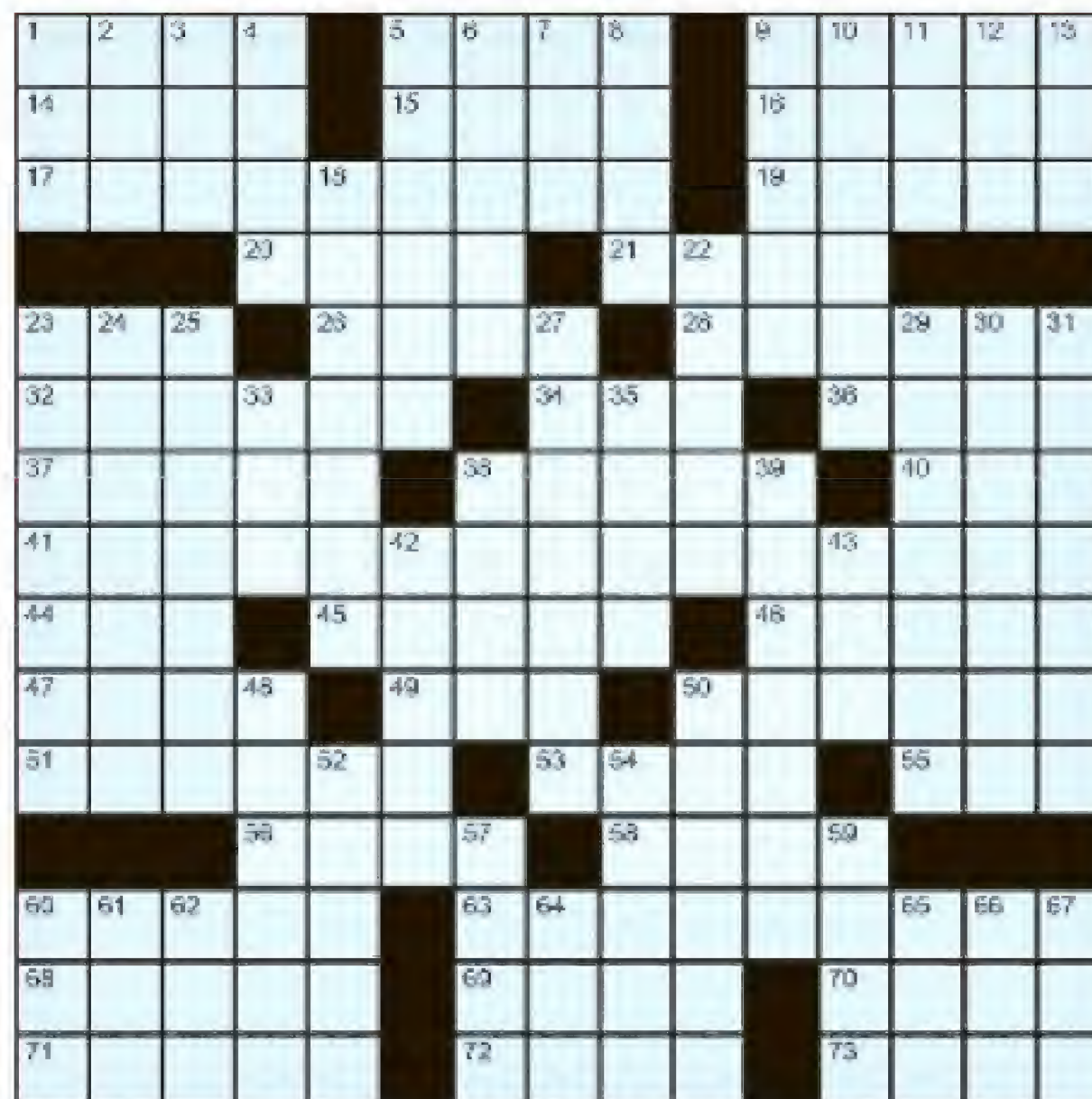
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**

- Use a car lot
- Lacking
- Accord
- Mr. Alda
- Boast
- Dressed to the
- Last queen of the Ptolemaic Kingdom in ancient Egypt
- Beatles: " — Your Name" —
- Island of Indonesia
- Catherine of "The Dukes of Hazzard"
- Initials-sharers of Gisele Bündchen's quarterback hubby
- The Bee
- Thingamabob
- Canadian singer Mr. Maida's
- Mr. Robbins
- Strauss & Co.
- "Is that coffee —?" (What's in that pot?)
- Of prophets
- Fall from grace
- Cooking show on Gusto featuring meatless recipes, with The: 2 wds.
- Ms. Zadora
- Carved pole of symbolism
- La Route — (Quebec bike paths network)
- Envelope insertion [abbr.]
- 'Super' suffix
- Shooting star
- Very nice: 2 wds.
- Pet shelter org.
- Hosp. units
- Workshop gripper
- Grand Ole —
- Eyeball attach-



ment, — nerve

63. Plates dryer: 2 wds.

68. Filmdom's Mr. Langella

69. 'Kitchen' add-on

70. Constellation, — Major

71. Salad graspers

72. NASDAQ rival

73. Whiskey grains

**DOWN**

- Man
- Entirely
- Ms. Dawn Chong
- Drawer attachment
- Weighing needs
- Bandleader

Mr. Shaw

7. Swed. neighbour

8. Take a DNA sample

9. 2017 is the 100th anniversary of this Canadian food company (since 1917)

10. Canadian marketing trailblazer who famously

promoted President's

Choice products, Dave

(b.1940 - d.2013)

11. — hurry

12. — Aviv, Israel

13. Fashion monogram

18. The winner of one gets a tiara

22. Allow into

- the club
- Bands of performers
- Fantasia who won "American Idol" in 2004
- Take it easy: 2 wds.
- They make homes on the market appealing to buyers
- Ms. Nielsen, host of #41-Across
- Pilot
- Meals
- PBS funding org.
- Journalism piece
- Quash
- Prehistoric 'painting' place/practice: 2 wds.
- Annals
- Finished with work [abbr.]
- Still of this world
- "Nanny —" (2005)
- Chef's culinary cuts
- Drops a letter into the box
- Paradise
- Show of Shows" ('50s variety TV series)
- Poet's 'frequently'
- For
- Neutral tone
- Acid' suffix
- Sarcastic
- 'Computer' suffix (Techie jargon)
- Palmas, Spain

## IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Be patient with family members early this morning. Fortunately, as the day wears on, you encounter fun times, and possibly even romance!

**Taurus** April 21 - May 21  
Be careful this morning, because this is an accident-prone time for you. Be patient and diplomatic with others. Later in the day, relationships with family members are warm and loving.

**Gemini** May 22 - June 21  
Early in the morning, guard your possessions and cash to prevent loss, theft or breakage. However, the rest of the day is upbeat and fun!

**Cancer** June 22 - July 23  
Something unexpected will affect your world early in the morning. Small appliances might break down — or perhaps you are simply out of coffee? Look for ways to boost your income later today.

**Leo** July 24 - Aug. 23  
Something might upset you in the early morning. Fortunately, it is quickly gone. Later today, you will love to travel and explore new places and learn new things.

**Virgo** Aug. 24 - Sept. 23  
A discussion with a female friend might upset you this morning. Don't let this get you down, because the rest of the day is quite pleasant. It happens.

**Libra** Sept. 24 - Oct. 23  
You might have difficulty with parents or bosses early this morning. Not to worry, because a good friend will help you enjoy the rest of the day.

**Scorpio** Oct. 24 - Nov. 22  
Travel plans or perhaps school plans will be interrupted this morning. You will have to make adjustments — this is a certainty. An authority figure will help you later in the day.

**Sagittarius** Nov. 23 - Dec. 21  
Double-check banking details and anything to do with shared property early this morning. Something unexpected might occur. Later in the day, travel appeals.

**Capricorn** Dec. 22 - Jan. 20  
Arguments with partners and close friends are likely in the early morning. As the day wears on, you feel better and better. In fact, you might get a gift or a favor from someone.

**Aquarius** Jan. 21 - Feb. 19  
Your work routine will be interrupted in the morning. Something might be canceled or broken. Relationships with others will smooth the way for you later in the day.

**Pisces** Feb. 20 - March 20  
This morning is an accident-prone time for kids, so be extra vigilant. Likewise, romantic partners might quarrel. Ironically, all is well later in the day.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

				8		3	1	
				6			9	
		8		7				
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1	4		7					

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